

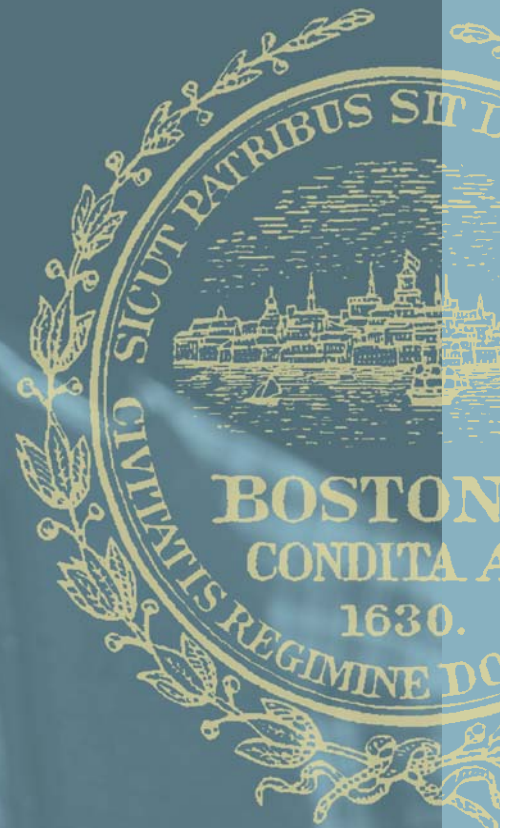
MAY 2006

Elderly Commission



Boston Seniority

Commission on Affairs of the Elderly



Thomas M. Menino, Mayor of Boston

Boston Seniority

Volume 30
Number 4

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City of Boston Commission on Affairs of the Elderly

H A P P Y O L D E R A M E R I C A N S M O N T H

This May celebrate "Older Americans Month!" Established in 1963 as "Senior Citizens Month" and renamed in 1980 to "Older Americans Month" it's time to celebrate you. Historically, May is a time to acknowledge the contributions of past and current older person in our country and in particular, those who have defended our country. This year, 2006, the theme is "Choices for Independence." Mayor Menino and all of the Elderly Commission Staff would like to wish all of our readers a prosperous "Older Americans Month."



MAYOR'S COLUMN



Perhaps the most fundamental aspect of managing a large and prosperous city like ours is creating and maintaining a responsible budget that addresses the needs of residents while allowing for growth of exciting opportunities for advancement.

Last week, I presented the \$2.14 billion Fiscal Year 2007 budget to the Boston City Council. While the city continues to face fiscal challenges due to rising health care and energy costs, in addition to a lack of real growth in net state aid, the city's budget team worked hard to uphold my commitment to deliver high quality services to Boston's residents, businesses, and visitors. In this year's budget are also opportunities to explore new and exciting advancements in technology that can lead our city forward.

One of my favorite parts of the budget season is announcing the latest five year Capital Plan, which specifically aims to enhance our neighborhoods. The FY 2007 – 2011, part of the Cities are Neighborhoods program, includes \$114.2 million in new spending authorization for capital projects and continues to be an investment program for the city's future.

The five year capital plan empha-

sizes the strategic use of infrastructure to promote economic development, neighborhood revitalization, quality education, health care and public safety; comprehensive planning to lay the foundation for future growth; and effective government management to deliver necessary municipal services efficiently.

Exciting capital projects this year can be found throughout Boston's neighborhoods. These projects include:

- More than \$16 million for the construction of the new Mattapan Branch Library. The site for the new library was recently chosen to be centrally located on Blue Hill Avenue.

- \$12.5 million for major renovations at the Cleveland School in Dorchester. The two phase project includes new windows, improvements to the roof and masonry, upgrades of the science labs, library, classrooms and administration spaces, and HVAC and fire alarm systems.

- The expansion of the Jeremiah Burke High School in Dorchester, currently in design, includes a new branch library incorporated into a building addition, along with a new gym and expanded cafeteria. The project will begin construction this summer and will be completed in approximately 24 months.

- Additional school improvements include major renovations to the King Middle School, both the Hemenway school building in Hyde Park and former Lyndon School on Russet Road to reopen as new

schools, new windows at the Condon, Lee and Mattahunt elementary schools, and new HVAC systems at the Boston Arts Academy, and exterior renovations to the Bates Elementary School.

- We are also working to improve and keep up the high quality of our parks and playgrounds. The capital plan includes 36 projects ready to be scheduled and more than \$9.1 million in new renovation projects to Boston's parks and playgrounds, including Ceylon Park in Roxbury and Noyes Playground in East Boston.

- The Capital Plan will also include \$8.5 million for a rehabilitation of the Hyde Park community center and \$5 for improvements to the Roslindale community center.

- There are also 14 renovation projects scheduled at fire and police stations throughout the city, totaling more than \$11.6 million. Three large projects already in the design phase include a new Charlestown Police Station at \$11.6 million, and major renovations to Area A-1 police station Downtown at \$6.6 million and Area D – 14 police station in Brighton at \$5.3 million.

- The Citywalks program, an \$18.3 million three-year effort to repair sidewalks and roads across the city, is now in its second construction season. The Crossroads Initiative, a \$55 million multi-year program of street improvements that will enhance connections among the many neighborhoods surrounding the Rose Kennedy Greenway. This project will improve access through several neighborhoods including South Boston waterfront, Financial District, Chinatown, North End and West End.

DIRECT SERVICES UNIT

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Mayor Menino and Commissioner Greenberg want the information in *Seniority* magazine to be useful and have a purpose. Under their direction we have decided to get back to the basics and introduce a government column in each edition we will give you updates on the Bills we support and items geared specifically toward seniors. For the first column we wanted to give a 101 on state government, a refresher course for seasoned voters and an introductory course for those like me who have a general idea of the government process and its structure but could stand for more information.

The Massachusetts Constitution was ratified in 1780 while the Revolutionary War was still in progress, nine years before the United States Constitution was adopted. It is the oldest written Constitution now in use in the world. It specified three branches of government: Executive, Legislative, and Judicial.

Executive Branch-The Governor is head of the executive branch and serves as chief administrative officer of the state and as commander-in-chief of the Massachusetts' military forces. His or her responsibilities include preparation of the annual budget, nomination of all judicial officers, the granting of pardons (with the approval of the Governor's Council), appointments of the heads of most major state departments, and the acceptance or veto of each bill passed by the Legislature. Several Executive

Offices have also been established, each headed by a Secretary appointed by the Governor, much like the president's Cabinet.

The Governor may recommend new policies for Massachusetts, new legislation, and changes in the administration of departments that conduct the government from day to day. He or she has the power to order out the National Guard to meet domestic emergencies, and is Massachusetts' chief spokesman with the federal government.

The Lieutenant Governor serves as Acting Governor in the absence, death, or removal of the Governor. He or she is by law a voting member of the Executive Council, except when presiding over it in the absence of the Governor.

Executive Council-The Governor's Council (also called the Executive Council) is composed of the Lieutenant Governor and eight councilors elected from councilor districts for a two-year term. It has the constitutional power to approve judicial appointments and pardons, to authorize expenditures from the Treasury, to approve the appointment of constitutional officers if a vacancy occurs when the Legislature is not in session, and to compile and certify the results of statewide elections. It also approves the appointments of notaries public and justices of the peace.

Other Constitutional Officers-The four other Constitutional

Officers of Massachusetts are elected to four-year terms. They are listed in order of their succession to the Office of the Governor. The Secretary of the Commonwealth, Keeper of the Great Seal and custodian of the records of the Commonwealth of Massachusetts, has many responsibilities which include: the administration of elections, maintenance of public records, filing and distribution of public documents, corporate registration, recordings of appointments and commissions, the storage of historical data, the preservation of historic sites, the administration and enforcement of the Massachusetts Uniform Securities Act, and information and referral on all aspects of state government. The Attorney General is the chief legal officer of Massachusetts and its chief law-enforcing agent. He or she advises and represents the government of the Commonwealth, rendering opinions upon the request of its officials and serving as its lawyer in all court proceedings. The Attorney General also consults with and advises the state's 11 district attorneys. Through his or her efforts in the areas of consumer and environmental protection, the office provides a voice for the average citizen.

The Treasurer and Receiver-General is the custodian of all Massachusetts funds and is the only party authorized to make payment of those funds. Every state agency must deposit receipts and revenues which it has received

with the Treasurer. The Treasurer is responsible for the issuance of state bonds and for the investment policy of the state. The State Board of Retirement and State Lottery Commission are under his or her jurisdiction.

The Auditor of the Commonwealth of Massachusetts is in charge of auditing the accounts of all state entities and related activities at least once every two years. Based on legal guidelines, the auditor's Division of Local Mandates also determines whether the state or a municipality is responsible for a specific state-mandated service or program.

All of the Constitutional Officers serve on and work with State boards and commissions.

Legislative Branch-"The Great and General Court," elected every two years, is made up of a Senate of 40 members and a House of Representatives of 160 members. The Massachusetts Senate is the second oldest democratic deliberative body in the world. Each branch elects its own leader from its membership. The Senate elects its President; the House its Speaker. These officers exercise power through their appointments of majority floor leaders and whips (the minority party elects its leaders in a party caucus), their selection of chairs and all members of the joint committees, and in their rulings as presiding officers. Joint committees of the General Court are made up of six senators and fifteen representatives, with a Senate and House Chair for each committee. These committees must hold hearings on all bills filed. Their report usu-

ally determines whether or not a bill will pass. Each chamber has a separate Rules and a Ways and Means Committee and these are among the most important committee assignments.

Making a Law -Surrounded by laws as we are, how do we enact a law? Any citizen of Massachusetts may file a bill through a state legislator. The bill is assigned to a committee, given a public hearing, and reported by the committee to the appropriate chamber with a recommendation to pass or defeat. An adverse committee report may be accepted by majority vote of the House or Senate and the matter is thus disposed. Sometimes the House or Senate substitutes a bill for the adverse committee report. Bills coming from committee with a favorable report or substituted bills must take three readings in each branch, but are subject to debate only on the second or third readings.

When both chambers have passed the bill in exactly the same form, it is then printed for final passage and returns for the vote of enactment. If the bill is changed by amendments in one house, it must return to the originating house for concurrence. It may be killed by either house, or if the two houses cannot agree on its form it may go to a conference committee which works out a compromise.

Once a bill is enacted by both houses the Governor has ten days in which to act upon it. He or she may:

a) Sign it and it becomes law (Usually to become effective in 90 days).

b) Return it for reconsideration with an Executive Amendment.

c) Veto it, requiring a two-thirds vote of both houses to pass it over his or her veto.

d) Refuse to sign it. After ten days it becomes law unless the Legislature prorogues during that time. If this happens, the bill dies. This is called a "pocket veto."

Judicial Branch -Judicial appointments are held to the age of seventy. The Supreme Judicial Court, consisting of a Chief Justice and six Associate Justices, is the highest court in the Commonwealth; it is empowered to advise the Governor and the Legislature on questions of law. All trials are held in departments and divisions of a unified Trial Court, headed by a Chief Administrative Justice assisted by an Administrator of Courts. It hears civil and criminal cases. Cases may be appealed to the Supreme Judicial Court or the Appeals Court for review of law, but findings of fact made by the Trial Court are final. The Superior Court, consisting of a Chief Justice and 66 Associate Justices, is the highest department of the Trial Court. Other departments are the District, Housing, Juvenile, Land, and Probate Courts.

Counties -The fourteen counties, moving roughly from west to east, are Berkshire, Franklin, Hampshire, Hampden, Worcester, Middlesex, Essex, Suffolk, Norfolk, Bristol, Plymouth, Barnstable, Dukes and Nantucket. Traditionally, each has been served by three County Commissioners with the exception of Nantucket and Suffolk. The five town select-

Continued on page 7

men of Nantucket serve as Commissioners; Suffolk's Commissioners are the Mayor and City Council of Boston.

Massachusetts has 14 counties, which were regional administrative districts before the Revolutionary War. Over time the counties administered jails, health facilities, agricultural schools, registries of deeds and probate, county courthouses, county roads and extension services. The counties were funded by local communities and the Commonwealth.

In 1997, Middlesex county government was abolished followed by the abolition of Berkshire, Essex, Hampden and Worcester county governments. Their functions were turned over to state agencies. Sheriffs in these counties still administer jails but their employees are state employees. The legislation to abolish these county governments transferred registries of deeds to the jurisdiction of the Secretary of the Commonwealth. Registers of Deeds and probate, sheriffs and district attorneys, even where county government has been abolished, are still elected in county political districts. In counties that have not been abolished or

restructured, county commissioners and treasurers are still elected. It is important to understand that counties as geographical/political regions are not abolished or restructured; it is the government which is abolished/restructured.

Home rule legislation (since 1985) allows officials or voters in a county to establish a regional charter commission to study its government. The commission can submit one of three model charters for approval of voters in that county at a statewide election or it can submit a special charter that must first be approved by the state legislature. Cities and towns may choose a Regional Council of Government charter that will be binding on those communities where a majority of voters in a city or town approve it. The regional council of governments can provide a variety of services to cities and towns, such as planning, public safety, engineering, water and waste disposal, and many other services. The participating communities pay assessments based on local property evaluation.

The legislature approved special

charters to allow Franklin and Hampshire counties to become regional councils of government. Barnstable county has submitted a special charter for a regional council of government to the legislature which to date has not approved it.

Bristol, Dukes, Nantucket, Norfolk, Plymouth and Suffolk county governments remain substantially unchanged.

The county level of government is not mentioned in the state Constitution and has been established by legislative action. No area of the Commonwealth is governed by a county and, as is usual in New England, county government is not a strong entity.

Municipalities-The cities of Massachusetts are governed by Mayors and City Councils, but towns are usually governed by groups of officials called Selectmen. A Board of Selectmen is usually elected for a one- or two-year term, and town meetings, a tradition from Colonial times, are still held regularly.

Area Agency on Aging

"Encouraging the senior voice to be heard."

Along with providing senior services throughout the city, the AAA encourages senior involvement through the **Mayor's Advisory Council**.

To find out how you can get involved **call (617) 635-3979.**



Remembering the South End with Ethel Arsenault



Recently, we sat down with Ethel Arsenault to remember her life here in Boston. With detail and charisma, Ethel remembered her childhood in the historic South End.

Seniority: Have you lived in Boston your entire life?

EA: I was born in 19--, and lived in the South End. I even remember the hurricane.

Seniority: When was the hurricane?

EA: 1938. You could go by Blackstone Park, you know, and see all the trees like this... upside down, uprooted. I lived there for my first 18 years. We moved to a rooming house, one room was our everything.

Seniority: What about a kitchen?

EA: Our landlady and her family lived on the very first floor with the only real kitchen. We had a couple of burners, I guess now it'd be like having a microwave! She was Syrian and they would all eat out of the same bowl. She would cook for us sometimes and when we came to visit the guests would get their own bowl, but the family would eat out of one bowl. That's where I learned to use pita as a spoon.

Seniority: How long did you live there?

EA: Until I was seven. There was a fire so we moved to East Dedham St. for one year. We had a

bedroom and a living room with a kitchen in the basement and a piano came with the apartment. Sometimes if you couldn't afford to move a piano you would just leave it and the next person would inherit it. Then we moved to East Springfield St. for 11 years. We had three rooms, a kitchen, living room, and bedroom. We paid \$15.00/month for rent. It was a very diverse neighborhood – all kinds of people and red feather agencies.

Seniority: What's a red feather agency?

EA: Oh, a community center. There was one on Harrison Ave called the South Bay Union. I churned butter there before my schooling years and my mother belonged to the "Bright Eyes Club" but I'm not sure what they even did. When I was old enough for school I went to the Joshua Bates, which is now the Bates Arts Center. It's by the Boston Medical Center. That was kindergarten through third grade. I can even remember the

Continued on next page...

names of all my teachers. In fact, I just ran into a lady with the same kindergarten teacher, Ms. Canty. Then I went to the Everett School on South Hampton St., which is now, I think, the Roxsey Homes Housing Complex, that's grades 4-8. This school was diverse, and we didn't have hate for each other. Then after that I went to Girls School, which was 8th grade on. Then when I had my daughter, my mother and I moved to Dorchester.

Seniority: Do you remember any places in the South End?

EA: On Rutland St. there was the South End Music School, the South End Arts Center, and the South End Settlement House. I took piano lessons for 10 years but I couldn't draw for beans, and the Settlement House was my home away from home. I volunteered there even when I was very young and helped with the little ones. MIT architects came and renovated the basement into a teen lounge with indirect light, which was the thing back then. But they paid me back; on my sixteenth they let me use it for my party because the work I

did.

We used to walk to Ruggles Station when it was the overhead and go to all the stores like Ferdinan's Furniture, and Timothy Smith's. It was a nice shopping center. I also remember the rationing stamps during WWII. The government gave them for meat and dairy products - even kids got them. We used to bring in keys to school when I was at the Everett School, so that they could melt them down and use the melt for the war. We had air raid drills. We had to bring a cushion to school and for a drill we would march into the coat-room and sit on our cushions.

Seniority: Where did you get your news on the war?

EA: There was a theater on Washington between Mass Ave. and West Springfield. This was the only place to get the news. On the weekends, for 5 cents, you could watch two full-length films, cartoons, and a news reel. There was a weekly serial "Tarzan" and a funny book. Watching the news

in a theater like that made the war very surreal. The Puritan Theater was the name, now that I think about it. The movies were almost all musicals.

Seniority: What stars were in the movies?

EA: Rita Hayworth, Fred Astaire, Mickey Rooney.

Seniority: Where are you now?

EA: Since then I've had 4 grandchildren and 3 great grandchildren. I eventually moved to Columbia Point Project and then moved back when it became Harbor Point. We have a mix of adult handicapped and students from UMASS. I like the diversity here.

Want to advertise with us?

\$ 400.00 full page
\$ 300.00 1/2 page
\$ 200.00 1/3 page
\$ 150.00 1/4 page

Seniority is distributed to 20,000 seniors and senior organizations monthly

Art and Cultural Events

Museum of Fine Arts

Gallery talks are free with Museum admission. They usually last one hour and leave promptly at the scheduled time from the Sharf Information Center. If you arrive late, inquire at the Information Center and staff will direct you to the talk's location.



Talks are delivered by Museum curators, conservators, independent scholars, artists, and advanced students of art history, and they are based on either special exhibitions or the permanent collection. Many topics are repeated over a two-month period. Some of our gallery talks are offered in other languages, including Spanish, Russian, French, and American Sign Language.

FREE DRAWING IN THE MFA

Gallery Activities Drawing in the Galleries 6 — 9 pm Join us every Wednesday evening for an opportunity to sketch from live models and/or from objects in our collections. A facilitator provides insights on drawing technique and the artist-model relationship as it informs the creation of artwork. Limited drawing materials are provided to encourage spontaneous participation. Gallery location varies; ask at the Sharf Information Center. Made possible by The Lowell Institute.

Free with Museum admission (Wed evening admission is by donation)

Museum of Fine Arts, Boston
Avenue of the Arts
465 Huntington Avenue
Boston, Massachusetts 02115-5597
General Information: (617) 267-9300

Retired and Senior Volunteer Program (RSVP)

Are you 55 or older and looking to use your life experience to make a difference?

VOLUNTEER!

Boston RSVP has many different volunteer opportunities. You can help children, work in a museum, and even help other seniors! For information on how you can get involved call
(617) 635-3988

RSVP provides limited reimbursement for travel and meal costs as well as supplemental insurance.



Do it Yourself Arts and Crafts

Lavender Sachet

What You Need:

·15 to 20 sprigs of fresh long-stemmed lavender ·
Scissors ·Strong thread · Ribbon

Instructions:

1. Form the lavender into a bunch and tie securely under the flower heads.
2. Working in one direction, bend back each stem to enclose the flowers.
3. Tie. Once you've bent back all the stems, tie again with thread at the base of the flowers and add a decorative ribbon bow. You also can tie the bottom of the stems with thread to keep them secure. Place the sachets with stored clothes and linens to add a fresh lavender scent.

This sachet is an aromatic reminder of genteel days gone by.

This craft idea was provided by better homes and gardens

News Brief:

On March 3, 2006 a Chinese newspaper reports the birthday of Ma Kung Li at 102 years old. The birthday of an 102 person is news worthy itself; however, this particular story has an interesting twist. A resident of the "long life" village in a remote mountain area in Goungri Province, Southern China, Ma Kung Li prepared her own casket at age 80. As time went on and there was no need for her casket just yet, she began using it as a bench instead. Now, at 102 years old Ma Kung Li reports needing a new chair! Incredibly this village boasts 2,800 people between the ages of 80-90, 395 people between the ages of 90-99, and 80 people over 100!

First Annual United for Elders Expo

Experiences in Aging Through Health and Wisdom
including exhibits, health screenings, workshops, and demonstrations.



Thursday, June 8, 2006
11am-7pm

Central Boston Elder Services
2315 Washington Street, Boston, MA, 02119
617-277-7416, ext. 344

FREE to the public!

Book Club

Book Clubs, what a great idea! Get together with friends or people who share your passion for reading. Give your opinion! Give your interpretation! Book Clubs are a great way to socialize and meet new people for free!

Here Are Some Tips On Organizing A Book Club:

1. Organize a list of books and/or categories of books you would like to read and discuss.
2. Set times and locations (Perhaps once every two weeks or once a month. Try and reserve a free room at your local public library or churches).
3. Look for free advertising opportunities in local libraries, newspapers or newsletters.
4. Ask perspective attendees to bring 1-2 reading suggestions.
5. At your first meeting determine if there should be an attendee limit, club rules and book list.

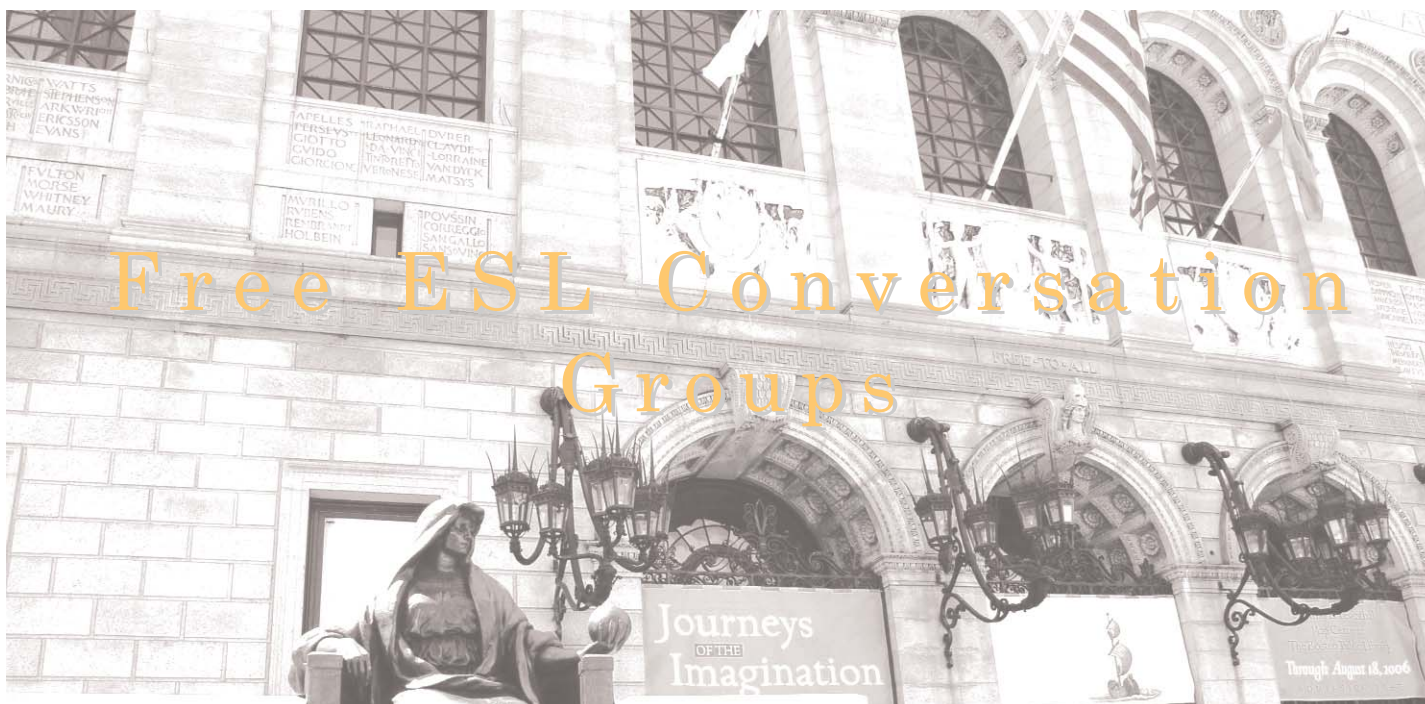
(Consider rules on book reading, attendance, group facilitator/leader, member responsibilities, club meeting holiday schedule, whether food will be available and where there are free book resources)

Book Sale

City-Wide Friends of the Boston Public Library 2006 Booksale Calendar

Book Sales are held the first Saturday of even numbered months (June 3rd, August 5th, October 7th, December 2nd) from 10:00 a.m. to 4:00 p.m. in the Mezzanine Conference Rm.

Most hardcover books are \$1.00 and most paperback books are \$.50
If you would like to volunteer at the Book Sales, please call:
(617) 536-5400 ext. 2341



Free ESL Conversation Groups

Boston Public Library Copely Square

Tuesday 10:00a.m.-12:30p.m. Conference Rooms 5 & 6

Wednesday 10:00a.m.-12:30p.m.

& 6:30p.m. -8:30p.m. Conference Rooms 5 & 6

Thursday 1:00p.m.-3:30p.m. Conference Rooms 5 & 6

Saturday 1:00p.m.-4:30p.m. Conference Rooms 5 & 6

Boston Public Branch Libraries

Brighton- 40 Academy Hill Rd. (617) 782-6032

Monday: 6-7p.m. **Wednesday:** 10 -11:30a.m. **Thursday:** 6 -7:30p.m.

Friday: 10-11:30a.m. **Saturday:** 10 -11:30a.m.

Jamaica Plain- Connolly 433 Centre Street (617) 522-1960

Monday: 6:30-8p.m.

Roxbury- Dudley Literacy Center 65 B Warren Street (617) 589-2446

Monday: 3:15-4:45p.m. **Thursday:** 6-7:30p.m.

East Boston- 276 Meridian Street (617) 569-0271

Monday: 6:30-7:45p.m.

Allston Honan 300 North Harvard Street (617) 787-6313

Monday: 6:30-8:p.m. **Tuesday:** 11a.m.-12:30p.m.

Wednesday: 6:30-8:p.m.

Hyde Park 35 Harvard Avenue (617) 361-2524

Thursday: 6:30-8p.m.

Jamaica Plain 12 Sedgwick Street (617) 323-2343

Monday: 2-4p.m. **Thursday:** 6-7:45p.m.

Roslindale 4238 Washington Street (617) 323-2343

Monday 10:30a.m.-12p.m. **Wednesday** 6-8p.m. **Saturday** 10:30a.m.

South End 685 Tremont Street (617) 536-8214

Wednesday 3:30-5p.m.

West End 151 Cambridge Street (617) 523-3957

Tuesday 12:30-2p.m.

West Roxbury 1961 Centre Street (617) 325-3147

Monday 6-7:30p.m.

The University
of
Massachusetts
Boston

Offers
Education
for Seniors

It does not matter what age a person is to learn new ideas and concepts about advocating and aging well. UMass-Boston offers a challenging one-year program in Gerontology entitled the Frank J. Manning Certificate. Frank J. Manning is a respected longtime advocate for elder issues in Massachusetts. In 1979, this program was initiated by a grant from the U.S. Administration on Aging and since then over 700 people have completed this certificate. This program teaches and enables seniors to advocate, influence bills, and apply research to daily living. Most of the people who have completed this program use their training for volunteer work, senior advocacy, or paid employment in the field of aging.

For more information, please contact:

UMass-Boston
Department of Gerontology
Mary St. Jean
(617) 287-7330

How to: Keep Your Mind Sharp.

Throughout the past ten years, seniors have been saturated with materials on how to keep sharp and fit. Good thing right? Not necessarily. One day it's good to eat chocolate and drink coffee, the next day it's bad. How are seniors (or anyone for that matter) expected to keep sharp when they are bombarded with contradicting information?

An easy solution to keeping your mind sharp is to challenge it by learning new things. According to the Mayo Clinic, when you challenge your mind and learn new things, you grow more brain cells. When you have more brain cells, you have more connections. With more connections or routes for information recovery, you are able to retrieve information more easily.

Of course, probably most important to maintaining your mental health is keeping your diet and exercise within the recommended guidelines and making sure you visit your Primary Care Physician annually.

With that said, I challenge you to try something new. Think differently. Create a new routine. Here are some suggestions to get you started!

Get out the dictionary and learn a new word.

If you are more ambitious, learn new words in a new language.

Play Scrabble or Chess.

Do a crossword puzzle.

Try a Soduko puzzle.

Read, read, read .

Start a book club/Join a book club.

Meet new people.

Learn and cook a new recipe.

Sign up for a free computer class.

Learn what is going on in all continents of the world.

At the next Elderly Commission event, meet at least one new person.

Join the Mayor's Advisory Council.

Join a monthly task force held by the Elderly Commission.

Volunteer.

Try playing a musical instrument.

Attend free seminars (hospitals, state, nonprofits).

Take a college course (many public universities have tuition waivers available to seniors).



at University of Massachusetts Boston



About the program:

OLLI is part of a nationwide (and worldwide) movement of so-called Lifelong Learning Institutes (LLI) for learners aged 50 and older who are retired or partially retired. In the United States and Canada, there are over 500 programs, and around the world, more than 1,000 programs known in other countries as Universities of the Third Age. Some of these programs are directly tied to college and university campuses, and others are independent.

Established in 1999 with a University of Massachusetts' Service Endowment grant and with support from the Gerontology Institute of the John W. McCormack Graduate School of Policy Studies, OLLI is one of 19 LLIs operating in Massachusetts and is the only program associated with a public university in the city of Boston. In just a few years, the OLLI program has emerged as a large, distinctive, public-service contribution for UMass Boston. OLLI membership has grown steadily from 147 in the first year to 313 as their current membership. OLLI members come from over 60 cities and towns, particularly from the South Shore, Quincy, Milton, South Boston, and Dorchester. Most members have had no previous contact with the University.

OLLI provides a learning experience at a modest cost that will

enrich the intellectual, social, and cultural lives of people who share a love of lifelong learning regardless of the extent of their formal education. No academic or other credentials are required. What is essential is an interest in an academic environment, the desire to participate actively in small seminars with your peers, and an open mind about sharing your skills and ideas. There are no tests, no papers, and no degrees. Most of the OLLI instructors, called "facilitators," are retirees. Many of them are retired or current UMass Boston faculty. Others are OLLI members who volunteer to facilitate a course of their interest.

What can I learn?

Nearly 70 courses or seminars on a variety of topics are offered each year. They meet once a week during the day and might last anywhere from 4 to 12 weeks. Field trips, special lectures, and social events are also included. Most seminars are held at the Harbor Campus of UMass Boston. It is a short walk from the Massachusetts Archives building and the John F. Kennedy Library and easy to reach by public or private transportation. Parking is available for a small fee.

Member Benefits :

Members may take one or more seminars (up to three, depending on availability) per semester, serve on committees, and participate in operating the program.

Other benefits included in the membership are:

- *Brown-bag lunch discussions.
- *Invitations to events.
- *Free access to UMass Boston's Library and the Clark Athletic facilities on campus including an indoor Olympic-sized swimming pool.
- *Discounts for Gerontology Institute publications.
- *Opportunity for leadership as a Board member or a program volunteer.

For a nominal fee, OLLI members can get a UMass student ID. A Student ID has many benefits including reduced and free admissions to museums and cinemas.

Scholarship:

The purpose of the Harry Gloss Scholarship Fund is to provide full or partial scholarships to individuals who cannot afford to pay the annual LETS membership dues because of financial hardships. This scholarship is for one year (fall and spring semesters). It may be renewed for one additional year with a new application.

Contact UMASS OLLI Program

OLLI, Gerontology Institute
UMASS Boston

100 Morrissey Blvd., Boston, MA
02125-3393

(6 1 7) 2 8 7 - 7 3 1 2

w w w . o l l i . u m b . e d u

Osteoporosis Prevention and Awareness Month

By Melissa Carlson, MS, RD

As we age there are many changes to our bodies and health that we need to be aware of. A little education on knowing what to look for, when to speak with your doctor, and preventive measures can go a long way. Osteoporosis is called a “silent disease” it affects the bones of men and women as they age. In the U.S., 10 million people are estimated to already have osteoporosis, with another 34 million having low bone mass putting them at increased risk of osteoporosis.

Osteoporosis occurs without any symptoms. It is characterized by low bone mass and the break down of bone tissue. This leads to fragile bones and increased vulnerability to bone fractures. People usually find out they have osteoporosis or osteopenia (pre-osteoporosis, weak and brittle bones) once they have a fracture in their hip, spine, wrist or other bones. Osteoporosis is detected by having a bone mineral density (BMD) test. It compares your bone density (thickness or concentration) to the peak density of a young, healthy woman or man. Check with your physician and Medicare provider to see if they reimburse for BMD testing.

Risk Factors

Osteoporosis affects 20% of men and 80% of women. Here are more risk factors that put you at high risk of developing osteoporosis:

- Being female
- Having a personal history of a fracture as an adult
- Being thin and/or having a small frame
- Low lifetime calcium intake
- An inactive lifestyle
- Current cigarette smoking
- A family history of osteoporosis
- Low testosterone in men and estrogen deficiency in women

P r e v e n t i o n

Prevention should start as early as possible. Help your children and grandchildren prevent osteoporosis by teaching them to enjoy some of the lifestyle changes below. Osteoporosis is preventable, even once you have been diagnosed. Fortunately, our bones are a complex tissue always changing and healing. Lifestyle changes that can help you build stronger bones are:

- Eat a balanced diet rich in calcium and vitamin D. Examples include but are not limited to- low-fat milk, cheese, broccoli, fortified orange juice, fortified cereals, and fortified breakfast bars. If you are lactose intolerant try lactose free milks and cheeses. Vitamin D is created in your body by absorbing sunshine.
- Perform weight bearing and/or resistance training exercises. See the Exercises listed in the - this section for some examples.
- Quitting smoking and not drinking excessive amounts of alcohol.
- Talk to your doctor or healthcare professional about your bone health and the possibility of a bone mineral density test.

See the Recipes for some calcium rich recipes. Also, check out the Exercise section to learn more about weight bearing and resistance training exercises.

HEALTH BEAT

Need Advice?

Introducing Health Beat...

A new column that will be featured in each issue of the *Seniority*. Write into the *Seniority* and ask Dr. Nancy Norman a question on health issues. All questions will be generalized and no names will be published. Remember please consult with your physician before taking any health advice, to make sure what is right for you!

To ask Dr. Norman, mail your questions to

The Boston Seniority
Attn: Health Beat
One City Hall Plaza, Rm 271
Boston City Hall
Boston, MA 02201

or email your questions to

Kali.Borrowman@cityof-boston.gov with "Health Beat" in the subject line.

** all letters and questions will remain anonymous.

Nancy Norman, a native Bostonian, is the Medical Director for the Boston Public Health Commission, the health department for the City of Boston. In this capacity she oversees the clinical functions of the Commission and develops initiatives to address emerging health problems. She joined the Commission recently after serving as a clinician and Director of Women's Health at Fenway Community Health Center for nine years. Dr. Norman completed her internship and residency, including chief residency in internal medicine at Faulkner Hospital between 1987 and 1991 after receiving a BA in biology from Bowdoin College in 1979 and a MD from Boston University School of Medicine in 1987. Dr. Norman later received a MPH from Harvard University School of Public Health and completed a clinical fellowship in community-oriented primary care/preventive medicine at Carney Hospital in 1993. She is currently on staff at Beth Israel Deaconess Medical Center and a clinical instructor at Harvard Medical School.

Dr. Norman dedicates many hours to community service and to professional organiza-



Nancy E. Norman, MD, MPH

tions. She has served on the executive board of MOCAA (Men of Color Against AIDS), Casa Myrna Vasquez (a non-profit organization committed to serving women of color who are the victims of domestic violence) and the Boston Public Health Commission. She remains involved in projects like the Biomedical Sciences Career Mentoring Project at Harvard Medical School which mentors students in high school, college and graduate schools who are interested in the biomedical sciences and is actively involved in the Committee to Advance the Health of Minority Women at the National Center of Excellence of Women's Health at Harvard Medical School. In 2002, Dr. Norman was honored to be a fellow during the inaugural year of the Avery Institute for Social Change, an organization which has allowed her to continue to work toward eliminating disparities in health care, especially for racial and ethnic minority women.



F i t T i p s

from D. Vanessa Wilson-Howard, M.S. Certified Fitness Specialist
Director, Project Healthy Plus/Project Health Exercise Plus
ABCD, Inc., Elder Services

Remember - Always check with your physician before beginning any exercise program

**The hips are a part of our body that is very vulnerable to fractures.
Here is a GREAT way to build more muscle and stronger bones!**

All you need is a chair for this fantastic exercise! Make sure you place the chair against a wall or on carpet so that it doesn't slip during your exercise.

Remind yourself to keep good posture throughout your workout to prevent strains and injury. Good posture is also good for your spine and back muscles. WARM UP the body before and COOL DOWN the body after each workout with simple stretching. Have fun with your workout. Invite friends and family to exercise with you!

***photos were taken at the East Boston Social Center during the
ABCD Elder Services Project Healthy Exercise Plus Program*

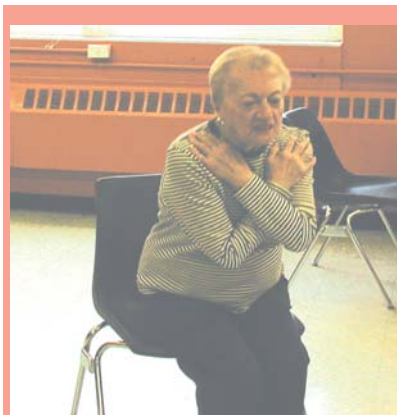
**Remember
to keep good
posture while you are
exercising, shoulders
back and stomach
in!**

Chair Squats



START BY

Sit with arms across your chest on the edge of stable chair. Place your feet a little wider than your hips width, with your toes positioned out just a bit.



STEP 1

Next, lean forward slightly, BREATH IN and count "1, 2, 3, UP" as you lift yourself to a standing position.



STEP 2

While standing, BREATH OUT and count "1, 2, 3, SIT" and slowly lower you body back to the starting position. Repeat 6-8 times.

Healthy, Wealthy & Wyse

Geraldine C. Wyse, RN
National Nurse Week

Each year, National Nurse Week begins on May 6th and ends on May 12th, Florence Nightingale's birthday.

All areas of nursing celebrate this week. We recognize the contributions that nurses and nursing have made to both local communities and the nation. The last few years, a national study has documented that nurses are the most trusted profession in America!

There are 2.7 million nurses in the United States. Our role is to save lives and maintain the health of millions of Americans. Most Americans recognize the valuable care that nurses provide daily. We also advocate for our patients especially when a patient has no family or friends.

During your life, you probably have had many opportunities to meet nurses; a blood pressure clinic, post-operative, hospice, school or a visiting nurse came to your home. There are other nursing positions you may not be familiar with; forensic nurses, nurse legal consultants, public health nurses, research nurses, college instructors, disaster nurses, EMT instructors to name a few.

I wish all my nursing colleagues a special National Nurse Week 2006. I hope you, too, will acknowledge your favorite nurse during National Nurse Week 2006.

When to take a temperature?

Do you wait five minutes after drinking iced tea? Is it ten minutes after drinking hot coffee? Does it make any difference?

Nurses at the University of Virginia Health System did a research study.

According to these nurses, it takes

· 15 minutes for a patient's temperature to return to normal

after drinking cold beverages
· 23 minutes after drinking hot beverages

It is best to take an oral temperature before eating or drinking. If you think the temperature is not accurate, wait 15 minutes and take the temperature again. You may see a sharp difference in the reading.

Happy Older Americans Month

How are you going to celebrate this month? Sit on the sofa? Call a friend and meet for lunch? Send a card to a homebound elderly? Call your older sister in California and chat for a few minutes? Take a dance class, walk along the beach, have your eyes examined, join a club or even get the colonoscopy that you have been putting off because of the cold weather!!

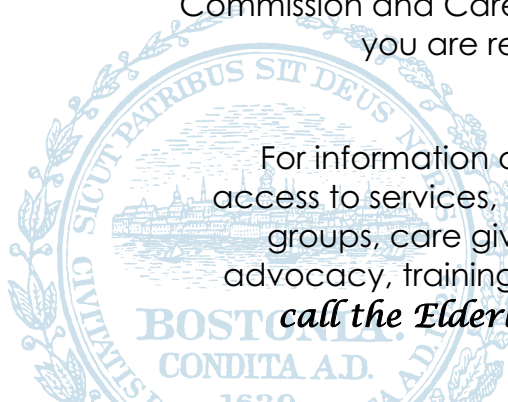
The list is endless. Do something special this month. Make a difference in your life or the life of another Older American. You deserve it.

Caregiver Services

If you are caring for someone *over the age of 60* or are a *grandparent raising a grandchild*, the Elderly Commission and Caregiver Alliance want to make sure you are receiving the services you deserve.



For information and referrals, assistance in gaining access to services, individualized counseling, support groups, care giving problem solving, respite care, advocacy, training, or supplemental services please *call the Elderly Commission at (617) 635-2713.*



R E C I P E C O R N E R

Super Spinach Salad

- 8 ounces packaged spinach leaves or try arugula, mixed wild greens or Romaine lettuce
- 1/4 cup (one ounce) shredded Swiss cheese
- 1/2 cup canned mandarin oranges
- 1/2 cup carrots (sliced or shredded)
- 1/2 cup broccoli flowerets
- 1/4 cup shredded red cabbage
- Fat-free Balsamic vinaigrette

Place spinach, shredded cheese, oranges and carrots in a plastic bowl with lid.

Pack vinaigrette in separate small plastic container.

When ready to eat, top salad with vinaigrette and serve with low-fat, whole wheat crackers or roll and a bunch of green or red grapes.

*Use Arugula or Iceberg Lettuce for lower amounts of Vitamin K

Serves 2

Diabetic Homemade Ice Cream

8 servings 1 hour 10 minutes 10 min prep

- 1 12-ounce can evaporated milk
 - 2 tbsp sugar substitute (Equal or Splenda)
 - 1 1/2 cup whole milk
 - 1 tbsp vanilla extract
 - 3 eggs, well beaten
 - 1. Combine milk and sugar replacement.
 - 2. Beat well until sugar is dissolved.
 - 3. Add whole milk and vanilla extract; beat well.
 - 4. Add eggs; beat well.
 - 5. Pour into ice cream maker and follow manufacturer's directions.
- Calculated for 1 serving (108g) Recipe makes 8 servings



Senior Companion Program

Become a Senior Companion and become a friend.

Senior Companions bring a *friendly face* into the homes of homebound elderly.

For information on how you can *brighten a senior's day* call (617) 635-3987.



The Upside of Medicare D

Nearly ten weeks since Mayor Menino and the Commission on Elder Affairs held its Boston Medicare Part D Kick-Off Day, upwards of 200 seniors have been enrolled with the help of the Boston Medicare Part D Enrollment Program staff. Seniors from all of Boston's neighborhoods have received assistance and the savings have been enormous. It is not uncommon for a senior to spend 30 minutes with a staff member and walk away anticipating a \$2000 or \$3000 savings on their medications for the upcoming year. And those seniors who receive free care now and don't pay for their medications walk away with

the piece of mind knowing that if and when free care ends they will be protected against the incredibly high cost of medications.

Contrary to popular media, just about all seniors will benefit from Medicare Part D and as the deadline for enrollment fast approaches (May 15th, 2006) it is imperative that all of Boston's seniors that have not seriously looked into Medicare Part D give the Elderly Commission a call to speak with an enrollment program staff member.

The enrollment staff services all of Boston's neighborhoods, from East Boston to Hyde Park, from Dorchester to

Brighton. Consultations take place at community and senior centers, where a senior and an enrollment staff member can meet privately and professionally. Special consideration is given to seniors who are unable to leave their home due to illness.

With May 15th just on the horizon the Boston Elderly Commission strongly recommends giving us a call to speak with a knowledgeable and dedicated enrollment program staff member to get your Medicare Part D squared away. That number again is (617) 635-MEDD or (617) 635-6333.



REACH Boston Elders 2010

REACH Elders is a dynamic Coalition of Black Elders working towards the elimination of health disparities in diabetes and cardiovascular disease.

Come Join our Coalition!

We are Building a Health Movement!!!

As part of our program You will participate in workshops on;
Diabetes and Cardiovascular disease
Racism and access to healthcare
Nutrition and Exercise
Health Fairs, Walk-A-Thons and much more

For more information contact Elaini Negussie at
(617) 534-5674

An African Village in South America

By Paul Schratter

On the northern shoulder of South America lies the country of Suriname. It was once a possession of the Netherlands, gained in a peace treaty in exchange for the Dutch giving up the colony of New Amsterdam – today's New York. During its long time as a colony called Dutch Guyana, the colonists established large plantations of sugar cane, no doubt for the production of rum as a profitable export. Since the native population of Caribs had either been killed or had fled into the deep jungles, the planters turned to the abominable slave trade, bringing Africans to work in the sugar fields. In time, many of the slaves escaped into the rain forest, aided, it is said, by the Caribs. Far from the coast, they established villages that still survive today. Their inhabitants have kept the memory of their African heritage over many past generations.

During the final years of the Dutch administration, my wife and I heard of these remarkable people and decided to visit them. In the capital, Paramaribo, we were able to join a small group with the same goal and were soon in a long dugout canoe driven by an outboard motor, going upstream on the Maroni River. The wide Maroni separates Suriname from French Guyana, known for its dreadful penal colony of Devil's Island, now long closed. We could swim in the clear river but

had to avoid stingrays or piranhas. We slept in hammocks along the riverbank, visited by chiggers (tiny insects that cause considerable itching).

On the second day, after entering a small tributary called Tapanahoni, we reached the village of the handsome boatman who had steered us through risky rapids. His aged mother welcomed us with hugs and led us to the guesthouse, an open structure provided with hammocks. The wooden houses of the village were painted with panels of bright primary colors that contrasted with the green world around them. The grounds of the village, swept clean, led to the shore of the river where a great mango tree harbored a population of many birds. The main diet of the tribe was cassava bread made from roots that must be shredded and then twisted in a homemade, flexible device to extract a poisonous liquid before the cassava can be baked on a grill and eaten. As the sun fell, the village chickens were covered by baskets to keep them safe.

Some of the villagers joined us for coffee and a chance to become acquainted. They sang in a Luanda dialect that had been kept in collective memories of long-ago homelands in Angola for possibly 200 years. They were able to communicate with other villages by large drums made of hollowed tree

trunks whose signals carried for miles in the forest. Food for the village was grown on small plots carved out of the jungle. Due to the thin forest soil, such plots are exhausted after a few years and abandoned to nature for recovery while another small garden is started elsewhere. The men of the tribe fashioned wooden household tools for their wives, decorated and intricately carved with symbols in a special language called Tembe that conveyed warnings and messages of endearment. Fetish figures, painted white and kept hidden in a special hut, represented their revered nature gods of ancient memory. When we bid farewell with sadness, a libation of gin (from a distant store) was offered in a gourd, some of it was spilled on the ground as a gift to the spirits.

News Brief

Veronica B. Smith Senior Center in Brighton:

Recently, the Kenmore East High School Company of Song out of Buffalo, New York traveled to the Veronica B. Smith Senior Center to entertain and dazzle local seniors. More than 100 seniors were treated to songs from popular Broadway shows such as Little Shop of Horrors, Downtown, and Aquarius. Other popular songs, such as Bridge Over Troubled Waters were sung. Kay McGilvray and Mary Kelly served as official greeters to welcome the students.

Where Are All the Mints?

Chau Chow City

This time around I found myself in Chinatown at Chau Chow City located at 83 Essex St. dining with Cynthia Liu. Although the buzz around Chau Chow's dim sum has increased to a soft yell, we opted for a luncheon instead. With Cynthia leading the way, we were sat promptly and our request for a larger table was more than accommodated. I decided it would be best to let the expert (Cynthia, of course) do the ordering. We ordered chicken with straw mushrooms and the vegetarian's delight. Our meal started with tea and hot and sour soup. When the soup arrived I noticed that there were characters printed on the dishes. Cynthia explained to me that in China it's very common to visit a restaurant with personalized dishware- a good way to advertise, just like the U.S. railroad companies did!

Our soup was delicious and hot with our lunches coming out so promptly I nearly missed the soup. Following Chinese tradition, Cynthia and I shared our meals. I didn't notice a lazy Suzanne on any table, but with just the two of us it wasn't necessary. On the tables a choice between chopsticks or a fork is presented. Both Cynthia and I chose the chopsticks, which reminded Cynthia she had brought different dishes for me to look at with beautiful designs traditional to her culture. Throughout lunch Cynthia shared her culture and life with me- a great conversation and meal! The chicken with straw mushrooms were tender and flavorful with vegetables mixed in with fried rice. The vegetarian's delight turned out to be similar minus the chicken and mushrooms, plus baby corn. We had peking ravioli for dessert which doubles as an appetizer. They were crispy and savory but I was too full to have more than one (maybe that's why some choose to eat them before the meal). I only wish they would have been served with a dipping sauce.

With area businessmen and women dining for lunch the atmosphere was casual with a hurried undertone. Our server took time out when he wasn't busy to chat with Cynthia making the service great. Portions were almost too large leaving both Cynthia and I supper for the evening. Because I was having such a wonderful time with Cynthia, I almost missed the affordable, quick midday lunches, late night fare on the weekends, and dim sum that Chau Chow City offers. By averaging our ratings of atmosphere, food, service, value, cleanliness, accessibility, and overall experience, we gave Chau Chow City 3 mints. Look for fortune cookies in the place of mints!

Seniors Training for Employment Program (STEP)

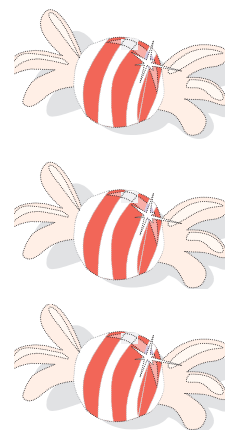
If you are:

- Age 55 years and older.
- City of Boston resident.
- Low income. Unemployed.
- Ready, willing, and able to train 20 hours each week while looking for a permanent job (full or part-time).

You may be eligible to earn minimum wage while training and doing weekly job search!

For information please call
(617) 635-4858

S.T.E.P. (Senior A.I.D.E.S.) is a Title V program federally funded by the U.S. Department of Labor and administered by Senior Service America, Incorporated (SSAI).



J U S T B R O W S I N G

By Mel Goldstein



Beacon Hill mansion

I am in the midst of a nostalgic period. Just a few days ago I was called and asked if I would take part in a movie that is being considered about the neighborhoods of Boston in the 20's, 30's, 40's, 50's, and 60's and the political chicanery that existed in those hectic times.

Those times helped to define what those neighborhoods were to become. How funny that there is a resurgence of interest in those areas that for years were considered depressed.

Let's start with East Boston...

The neighborhoods that had water front views have taken off as if they

were jet propelled. I can assure you that even if they were in the general area of water they are being attended to and cared for.

Next is Charlestown...

For years, Charlestown has been an area where young professionals settle. Housed in monument square and built in the early part of the 20th century, they used to sell for 5 to 6 thousand dollars. Today those same properties command anywhere from 500 to 600 thousand and up. Where is it going to stop? It is easy for an elderly person to be priced out of their homes.

Enough of these problems, areas of Dorchester and Roxbury are now

being rectified. The magnificent Victorian homes are now in demand making Boston one of the hottest real estate areas in the country, and are sitting in the largest poverty boom in the U.S. Making many seniors worried about finances. Thank you to Mayor Menino who initially fought to lower taxes to keep things in an even keel as pertains to our tax base.

When I mull over in my mind the years that have passed and the people and place we have been so privileged to be a part... the old pie eating contest on Boston Common, the open trolleys to Norumbega Park, sunning at One Street Solarium with hot salt water showers in the middle of winter, Christmas time toy shops at Jordan Marsh, the Easter Parade! How could I forget walking on Blue Hill Ave and a day trip on the boat to Nantucket beach for (WOW) a quarter!

Remember those back to school days with the cardboard school box and compassing pencil. How about those fancy upscale food stores? What about the big band of the swing era?

Do you remember Buster Brown's storm boot with a

Continued on next page...

pocket on the side that included either a jackknife for a compass, trudging through the snow to school with no buses- you had to walk. Even street-cars couldn't run on a snowy day!

I have to share with you an experience my wife and I had recently, I have never been one to patron present day comedy. If a comic has to rely on four letter words or worse to make an impact on the audience then there is a lack of talent, but recently my wife and I went to see Dave Chappell's Block Party – what a movie! This movie came highly recommended by all of the critics and left little to the imagination. My wife and I are far from prudes, but this was a little much. I usually do not like to dwell in the past, but when I think of the classic films of the past and compare them to the present, today's films just simply cannot compare.

Movies like Gone With the Wind can stand alone with out the profanity and the actors not jumping into bed after one kiss. Maybe we've missed something, perhaps too naive. But I think we enjoyed our innocence for whatever it was worth. What a revelation this has been.

Prepare Yourself for Spring Cleaning!

Get organized for Spring and start the good weather season out with a breath of fresh air. This year for spring tackle your spring cleaning with these fun ideas to make a chore fun!

- * Before you jump in, **make a list of priorities**. Include which rooms are the most important to tackle and which rooms can wait until mid-summer.
- * Set aside **a day for cleaning only**! This way you won't feel pressured to hurry and your cleaning will be more thorough.
- * Make spring cleaning a whole house **activity with all members of the household**. With a combined effort the work load is less and working in a team is more fun!
- * **Prepare you lunch the day before**, so that when you need a break, you won't make a mess in your kitchen. This also saves time.
- * Turn off the television and **turn on the radio**. A T.V. can be distracting because of the visual aspect but a radio can be listened to while doing other things.
- * Make sure to **wear old clothing** so you can really roll your sleeves up and dig in.
- * **Open the windows** to let the fresh air in while you clean. This will give you a feeling of spring and can serve as a motivation when you are feeling tired. It also lets the sunlight in which is festive for the new season.
- * **Have fun!** Beautifying your living space and lift your spirits!

Do it Yourself Beauty Recipes

ALMOND MILK

INGREDIENTS 1/2 cup rose, lavender, or distilled water; 1 teaspoon vegetable glycerin; 1/4 to 1 teaspoon almond oil; 12 drops grapefruit seed extract; 5 to 10 drops essential oil for fragrance (optional)

Make rose or lavender water by placing a handful of dried lavender or rose petals in a glass mason jar and cover with boiling water. Seal and set overnight. Strain. Combine all the ingredients in a pretty jar and shake to blend. Note that vegetable glycerin is available in health food stores, as is grapefruit seed extract.

This is a wonderful product for anyone who has dry or aged skin. Almond oil lubricates and softens the skin, and glycerin helps it retain moisture. The herbal waters are astringent and toning.

Fashion Tip

Springtime

Toppers



With spring on the horizon, many of us are starting to put away our winter clothing and move our linen pants and floral prints to the front of our closets. To sooth our spring fever we wear our sandals even when it's still a little too cold, throwing function by the wayside and exposing our daydreams of warm weather. The age-old mystery of mixing function and fashion still puzzles the masses. Choosing one over the other can leave

you over dressed at a casual party or feeling down when you look in the mirror and see a useful but dowdy pair of cargo pants. This spring create the perfect blend of utility and style with a sun hat!

Sun hats are not only chic, but they provide excellent protection from harmful UV rays. UV rays can damage your skin and your eyes! Preventing sun damage can be as simple as wearing a hat. Whether you are gardening or attending a backyard bar-

beque wearing a sun hat makes a statement: "I'm stylish and healthy!" Women, try a straw hat with a large floppy brim and oversized sunglasses for a "Jackie O" look. Men can use fishing hats for shade on casual days or dress up their look with a panama hat. Hats have long been used for protection, whether it is a helmet or sunhat. While style trends come and go, being health conscious will always be in style!

Boston, MA—Street trees in just three of Boston's 24 neighborhoods provide more than \$12 million of air quality improvement benefits to the city according to a study completed by a new coalition formed to support Boston's urban forest and educate the public about the health, public safety, environmental, and economic benefits it provides.

"These street trees remove three tons of harmful air pollutants each year, including sulfur dioxide, particulate matter, and ozone that contribute to respiratory and cardiovascular disease," said Sherri Brokopp of the Urban Ecology Institute and Boston's Urban Forest Coalition (BUFC). BUFC, whose motto is "Healthy Trees, Healthy People," is a coalition of non-profit, city, state, and federal organizations working to improve Boston's urban forest ecosystem and thereby Boston's public health and quality of life.

"That's three tons of air pollution that is stored in our trees instead of our lungs. When you calculate the environmental benefits in economic terms, especially in light of the fact that we are only looking at street trees, and in just three of the 24 neighborhoods in the city, the importance of maintaining a healthy urban forest becomes quite apparent."

Formed in March 2005 with the goal of developing a comprehensive strategic plan for urban forestry in the city, BUFC based its study on an inventory of "street trees" (city-owned trees on public sidewalks) conducted last summer in East Boston, Roslindale and the South End. (An inventory of street trees in Jamaica Plain had been completed earlier.) BUFC plans to complete its citywide inventory this summer and

More than Landscape

then utilize the data to identify opportunities for increasing tree cover in the city.

BUFC also intends to establish the environmental and economic value of Boston's urban forest to help enlist public, government and private support for developing and maintaining a healthy urban forest. The Boston Parks and Recreation Department will use the data to inform its street tree management and maintenance activities.

"Street trees are an absolutely critical component of the urban landscape," said Boston Parks Commissioner Antonia M. Pollak. "The Urban Forest Coalition inventory provides us with a valuable tool for quantifying this vital resource."

The inventory is conducted by volunteers who receive training from tree professionals who then oversee the volunteers throughout the tree-by-tree study that records the number, health and general condition of each street tree in each neighborhood. The inventory utilizes a customized mapping application with data entry forms on pocket PCs. Using aerial photography taken last summer, the project is also conducting an overall assessment of canopy cover.

"Engaging community volunteers, both young and old, to be on the street in our neighborhoods going from tree to tree is a valuable first step in raising public awareness of the important work trees do for us in terms of public health," said Renée Toll-DuBois of UMass Extension. "Community involvement is a key component of what our urban forest coalition is hoping to accomplish."

The air quality benefit estimates from this study are generated by the Urban Forest Effects (UFORE)

Model, a model developed by the USDA Forest Service for calculating the economic value of trees. The model uses the data collected by the inventory to assign a dollar value to each tree based on air quality improvements from the removal of ozone, sulfur dioxide, nitrogen dioxide, carbon monoxide and particulate matter, as well as carbon storage and sequestration.

"This study reinforces what many of us already know intuitively, that trees are crucial to the city's health and well-being. We need to complete the street tree inventory this summer so that we have the information we need to take better care of one of our city's most valuable resources," Brokopp said. "We also intend to use the information in a marketing campaign designed to increase support for our urban forest through increased awareness of its public health, economic and environmental value."

The BUFC coalition includes USDA Forest Service; Boston Parks and Recreation Department; Massachusetts Department of Conservation and Recreation; Mass GIS; Mapping Sustainability; DotWell; UMass Extension and the Boston 4-H Urban Stewards; Franklin Park Coalition; Boston Department of Neighborhood Development; Urban Ecology Institute; Boston Natural Areas Network; and Urban Natural Resources Institute.

Further information on the results of the tree inventory, plans for this year, and general information about Boston's Urban Forest Coalition www.ufore.org.

Save the Date

Boston Red Sox

May 1, 2: The evil empire comes to town for the first of 17 meetings between Boston and New York.

June 27, 28, 29: Peteys back! The Mets come to Fenway. Let's hope we get Pedro Martinez against Curt Schilling.

August 11, 12, 13: The Baltimore Orioles visit with our Ole Boy Idiot, Cowboy Up guy Kevin Millar. You know he will get his sound bites while he's in town.

October 1: Season ends against the Orioles. Are we still in it?

Major League Baseball

July 11: All-Star game in Pittsburg

July 29: Hall of Fame Inductions in Cooperstown, New York

July 31: Last day to trade a player without waivers.

September 1: Rosters expand to 40. Let's bring up those Pawtucket kids.

October 3: Division Series begin

October 10: League Championships

October 21: Opening game of the World Series

New England Patriots

August 11: First pre-season game against Mike Vick and the Atlanta Falcons. Let's see what Bill Belichick and Scott Pioli did with those draft picks.

September 10: Opening game versus divisional rival Buffalo Bills. The beginning of the long road to Super Bowl XLI which for the fourth time will be played at Dolphin Stadium in South Florida.

September 29: Rematch with the team that knocked the Pats out of the playoffs last year, the Denver Broncos. This time we get 'em here.

October 15: This is the day to promise the significant other a Sunday drive in the country to see the foliage. Bye week!

October 30: Monday Night Football in the North Country with the Patriots at the Minnesota Vikings. Don't look for Hank Williams Junior and his rowdy friends. MNF has now moved to E.S.P.N.

New Years Eve 2006: – Season ends on Ole Music Row. The Pats close it out against the Tennessee Titans in Nashville.

National Football League

September 7: Thursday night opening game; Miami at Super Bowl Champion Pittsburg

January 6, 7-2007: Wild Card Weekend

January 13, 14: Divisional Playoffs

January 21: Conference Championship

February 4: Super Bowl, Miami

February 10: Pro Bowl. Aloha, Honolulu

New England Revolution

May 6: The Revs face off against the Los Angeles Galaxy, the team that knocked them out of last year's playoffs.

Any Saturday, Sunday or Wednesday: The Revolution play their home games at Gillette Stadium. The Patriots are sold out. Rock concerts usually do too. Soccer is played all summer. If you haven't seen this beautiful athletic field, soccer is the way. You can easily get tickets, and let's face it; football, as it is called in the rest of the world, is the most popular sport on the planet.

Since the N.B.A. and N.H.L. playoffs are ongoing and neither Boston team is participating, we will catch up in the fall. If only Robert Parish, Larry Bird and Bobby Orr would walk through that door!

Sport? Business?

Which is it?

In My Opinion

By Mike Flynn

What is going on here? Johnny Damon, Willie McGinist, David Givens, Adam Vinitieri, Kevin Millar, Bronson Arroyo- all gone. Coco Crisp, Mike Lowell, Reche Caldwell, Wily Mo Pena, J.T. Snow- new guys in town.

For most of this millennium, Boston has been the sports capital of America. One of the most exciting and record-breaking playoff series in baseball history was played by the Red Sox against the Yankees, on the way to a World Championship (the first for Boston in over 80 years). Three Super Bowl victories for the Patriots, two were won on field goal kicks by the aforementioned Vinitieri, anointing them as one of the few dynasties in National Football League history.

So why are these sports

heroes and self appointed idiots no longer a part of our sports landscape? Sports have always been and always will be, a big business. It is, as it's been said, "all about the Benjamin's."

Where is the loyalty you ask? Well, Bronson Arroyo really wanted to stay in Boston, so he resigned with the Sox for the hometown discount; meaning he could have signed with another team for more money. Two weeks later he was traded to the Cincinnati Reds because his new contract fits well with them. Just business.

Johnny Damon, another free agent, signs with the archrival New York Yankees because, over the life of the contract, he will receive twelve million more than the Red Sox were willing to offer. Having just built a new home in Florida for

twelve million: it's just business.

When you read the press or listen to the media, all is lost, end of an era- Maybe.

Why don't we go back to how all this started: remarkable ownerships by the Kraft family in Foxboro and John Henry and his partners at Fenway. Front offices led by career baseball executive, Larry Lucchino; Boy Genius, Theo Epstein for the Red Sox; and Scott Pioli and Bill Belichick for the Patriots. It has been said that if one were to start an N.F.L. franchise from scratch, Belichick would be chosen above all (including players).

These are two of the best organizations in sports. The Sox are doing all they can to improve Fenway and the gem of all N.F.L. stadiums is just down the road. These people and places are all still here. It is rare these days that players spend their entire careers in one city. It's a business. Let's leave it to those who have been the best at it- not that we can't whine, because as Boston sports fans, it is what we do best. Let's just all take a deep breath....

Senior Scene



Mayor Delivers Meals!



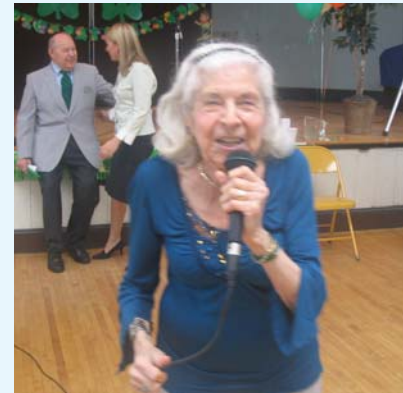
A fun bus ride to the Xerox party!



Southie St. Patty's day party!



Friendly Seniors Club



Dorris Babbitt entertains!

Senior Shuttle

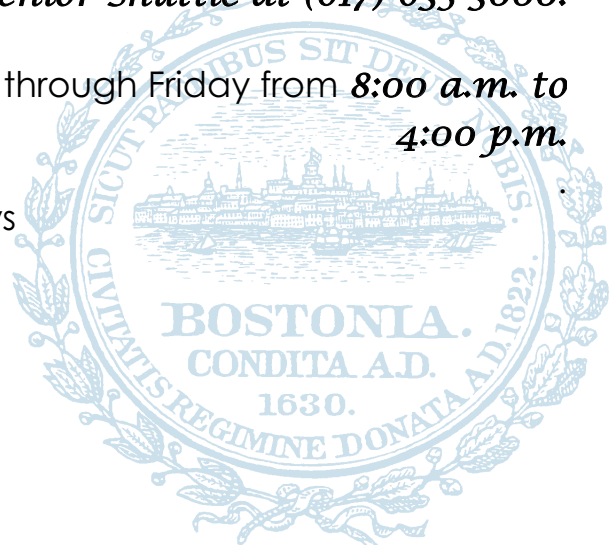


For a ***convenient ride*** to a medical appointment, grocery shopping, or to social or recreational events call the ***Senior Shuttle at (617) 635-3000.***

Available Monday through Friday from ***8:00 a.m. to 4:00 p.m.***

Make sure to give at least three business days advanced notice.

Priority is given to seniors scheduling rides for medical appointments.





Commissioner Greenberg and Mel Goldstien



Xerox Party!



Olga Dummont at the Advisory Council



Dancing Queens!

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May is Older American's Month

Celebrate Older American's Month with the

Elderly Commission

and Mayor Thomas M. Menino

Wear your light blue ribbon in recognition of:

- The wisdom Older Americans have donated to the City of Boston
- The life long sacrifices Older Americans have made to the City of Boston
- The activism of Older Americans in the City of Boston
- The loyalty Older Americans have for the City of Boston
- The pride Older Americans have for the City of Boston
- The volunteerism Older Americans contribute to the City of Boston
- The right Older Americans have to stay safe within their Boston communities
- The importance of healthy aging for Older Americans in the City of Boston

Facts:

- 7,918 is the number of people turning 60 EACH DAY in 2006
- 35 MILLION people aged 65+ in 2000 expected to increase to 72 MILLION in 2030

